

Jan 2025 Blue Gate Fields Infants- West Ham United Foundation

The 150Club team from the West Ham United Foundation came to the school and ran three extremely informative health sessions focussing on making positive and sustainable changes in exercise and food choices to transform the health of the whole family. They also carried out health tests such as checking height, weight and BMI, blood pressure and blood sugar etc. Heart health, lung health and diabetes were the three main focus areas for the sessions.



Feedback

I am not taking biscuits with my tea anymore

I learned about Angina, I've not heard about this before, I also learned how diabetes can affect the whole body

My son is doing more exercise, less screen time, we are both going out for walks

I know that its very important to take care of my health, watch what I eat and keep active to prevent and maintain long term illnesses

I am including more exercise, eating less chocolate and the kids are eating less sugary snacks

I have reduced to two biscuits a day with my tea. I could get through a whole pack in a day!

I have cut down my portion sizes and I am mindful about drinking enough water

I am borderline diabetic, but I ignored this, I know now I must cut down portion sizes and will do vigorous walk 20 minutes a day.

Evaluation 14 completed

Health Confidence				
How do you feel about caring for your health?				
How much do you agree?				
	Strongly agree	Agree	Neutral	Disagree
I know enough about my health				
I can look after my health				
I can get the right help if I need it				
I am involved in decisions about me				

I know enough about my health

Strongly agree 13 agree 1 neutral disagree

I can look after my health

Strongly agree 2 agree 12 neutral disagree

I can get the right help if I need it

Strongly agree 2 agree 12 neutral disagree

I am involved in decisions about me

Strongly agree 10 agree 4 neutral disagree